

# MILWAUKEE COUNTY SENIOR DINING MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY  
Department on Aging



FOR CURBSIDE PICK-UP

# APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>RESERVATIONS REQUIRED</b> <b>939-4411</b>			<b>1</b> Frontier Chicken Rice Malai Kofta Naan Salad Chutney Pear	<b>2</b> <b>CLOSED</b>
<b>5</b> Hamburger French Fries Green Beans Salad Dressing Banana	<b>6</b> Chicken & Potato w/Red Sauce Hummus Salad/Raita 2 Pita Bread Orange	<b>7</b> Haleem Vegetable Rice Naan Salad Grapes	<b>8</b> Chicken Tikka Daal Channa Naan Salad Melon	<b>9</b> <b>CLOSED</b>
<b>12</b> Grilled Chicken/Rice Grilled Vegetables Baba Ghanouj Salad Pita Bread Apple	<b>13</b> Shredded Beef Potatoes Salad Raita 2 Pita Bread Banana	<b>14</b> Reshmi Kebab Bhindi Masala Naan Salad Pear	<b>15</b> Chicken Biryani Palak Paneer Naan Salad Raita Fruit	<b>16</b> <b>CLOSED</b>
<b>19</b> Ground Beef Rice Grilled Vegetables Hummus 2 Pita Bread Salad Orange	<b>20</b> Kebab w/Rice Hummus Salad Pita Bread Apple	<b>21</b> Chicken Karahi Channa Masala Naan Salad Melon	<b>22</b> Seekh Kebab Mixed Vegetables Naan Salad Grapes	<b>23</b> <b>CLOSED</b>
<b>26</b> Shredded Chicken Rice & Vegetables Falafel Salad Pita Bread Banana	<b>27</b> Macaroni w/Ground Beef Hummus Salad Pita Bread Orange	<b>28</b> Chicken Makhani Daal Channa Naan Bread Salad Pear	<b>29</b> Frontier Chicken Rice Malai Kofta Naan Salad Raita Fruit	<b>30</b> <b>CLOSED</b>

# SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

## STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

## PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice



Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

## CANNED GOODS



Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

## MEAT, POULTRY & FISH

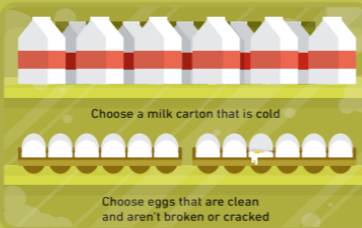


Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

## DAIRY & EGGS



Choose a milk carton that is cold

Choose eggs that are clean and aren't broken or cracked

## FROZEN FOODS



Frozen foods should show no signs of thawing

## CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

## HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- If you know you can't go straight home, bring a cooler bag to store the perishable items
- Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit [www.HomeFoodSafety.org](http://www.HomeFoodSafety.org).



eat right. Academy of Nutrition and Dietetics

Read the label!

More than

90%

of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:



0 123456 789012  
SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package.

The "best if used by" date is the recommended date for best flavor or quality.

The "use by" date is the last date recommended for use of the product at peak quality.

Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date

## WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER &

### FREEZE

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

Blanch vegetables before freezing

Date all freezer packages and use the oldest food first



USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO OR BELOW 0°F

## KEEP IT SAFE FROM PURCHASE TO PLATE

1 DON'T PURCHASE PRODUCE WITH MOLD BRUISES CUTS

2 WASH ALL PRODUCE BEFORE EATING

3 SEPARATE ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

4 Set fridge to 40°F or lower



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